



Virginia Beach
Medical Reserve Corps

VBMRC Update



Virginia Beach



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In this Issue:

- Pandemic and All Hazards Preparedness Act
- Safety Tips for Ocean Swimming
- Photos: Virginia Beach Emergency Operations tour
- CEU Corner
- "ICE" Campaign
- Volunteer background Check Information
- VBMRC volunteer status and levels
- VBDPH School Physicals Coming up
- Ongoing Needs at the VBDPH
- S.T.A.R.T. training
- The VBMRC in *Beach Magazine!*
- VBMRC Calendar
- Disaster preparedness checklist
- Photos: VBMRC Graduation

Quote:

"To the wrongs that need resistance, to the right that needs assistance, to the future in the distance, give yourselves."

~Carrie
Chapman Catt



Pandemic and All Hazards Preparedness Act officially authorizes the Medical Reserve Corps Program.

-From the National Medical Reserve Corps Program Office "In-Focus" Newsletter, Winter 2006 Edition.

According to The Director of the Medical Reserve Corps Program CAPT Rob Tossatto, "It would take an act of Congress to get rid of the Medical Reserve Corps now!"

On December 19, 2006, President Bush signed the **Pandemic and All Hazards Preparedness Act** (P.L.109-417). This bill establishes an "all-hazards" approach to public health preparedness, rather than focusing exclusively on acts of bioterrorism. *In addition, the bill officially authorizes the Medical Reserve Corps.* This new law also codifies much that is already existing or planned practice with respect to the CDC cooperative agreement program which provides funds to state and local health departments to support preparedness.

There is a strong emphasis on performance measurement and fiscal accountability and a new requirement for a state match beginning in 2009 (which would include in-kind contributions). The law also opens the hospital preparedness program (which it moves organizationally from the Health Resources and Services Administration to a new Assistant Secretary for Preparedness and Response) to direct funding of partnerships that could include a group of hospitals and a state or local health department, rather than passing all the funding through the state. Many of the implications of this new law will be sorted out in the coming months.

The full text of the bill can be found by searching for S.3678 (109th Congress) at <http://thomas.loc.gov>. For a summary of the bill, please visit <http://www.naccho.org/advocacy/documents/SummaryofBTbill.pdf> ☆



Virginia Beach is a great place to live (except for maybe the traffic at times)! And what better thing to do when you live in Virginia Beach??? Going to the beach of course! Below, the City of Virginia Beach has provided some additional ocean safety tips so that you and your loved ones can have an enjoyable *and safe* time at the beach this summer!



Top 10 Safety Tips for Ocean Swimming



In order to enjoy the ocean environment and a safe visit to the beach, the City of Virginia Beach Department of Convention and Visitor Development offers the following tips for ocean swimming courtesy of the city's own Virginia Marine Science Museum.

- Ask Lifeguard about water conditions
- Swim in an area monitored by lifeguards and obey all signal flags
- **Red Flags = WATER IS DANGEROUS**
- Always swim in groups and avoid secluded beaches
- Know basic water safety and how to avoid and survive dangerous situations like rip currents
- Be aware of the tidal cycles and marine life in the area in which you are swimming
- Avoid the water at night, dawn or dusk
- Avoid wearing shiny jewelry in the water
- Don't swim in waters being fished or around fishing piers
- Don't dive. Go feet first
- Know your swimming ability and stay close to shore
- Swim with care near sandbars or steep drop-offs
- Never leave children unattended

VBMRC invited to tour the City of Virginia Beach Emergency Operations Center

On June 16th, VBMRC volunteers toured Virginia Beach's Emergency Operation Center (EOC), the City's state-of-the-art 9-1-1— call center and also received an Orientation of the EOC given by Virginia Beach Deputy Emergency Coordinator, Mark Marchbank. Volunteers were able to learn the role the VBMRC and its EOC in an emergency or volunteers learned what the doing in preparation for son as well as for other asters and emergencies. came out to the Virginia Mark Marchbank for



volunteers will play in the disaster. In addition, vol- City of Virginia Beach is the 2007 Hurricane Sea- natural and man made dis- Thanks to all those who Beach EOC and thank you inviting the VBMRC! ☆

CEU Corner

The following courses are opportunities for volunteers to obtain additional Continuing Education Units (CEU), Continuing Medical Education (CME), and Continuing Education Contact Hours (CECH).

The courses below can be viewed on the web at any time and are free of charge: These courses require that you have the free version of basic RealOne Player downloaded on your computer in order to play these webcasts as well as Adobe Acrobat in order to view any document printouts.

Public Health and Public Policy

www.albany.edu/sph/coned/t2b2policy.htm

- Credit Type:
 - 1.0 contact hours
 - 1.0 Category One credits towards the AMA/PRA.
 - 1.0 Category 1 CECH in Health Education

Emergency Preparedness: What's Your Competency?

<http://www.albany.edu/sph/coned/t2b2emergencyprep.htm>

- Credit Type:
 - 1.0 contact hours
 - 1.0 Category One credits towards the AMA/PRA.
 - 1.0 Category 1 CECH in Health Education

Crisis and Risk Communication

<http://www.albany.edu/sph/coned/t2b2crisisrisk.htm>

- Credit Type:
 - 1.0 contact hours
 - 1.0 Category One credits towards the AMA/PRA.



The "ICE Campaign" (In Case of Emergency)

From the VBMRC Coordinator: This information was passed onto me by friends and family members in various e-mails. And I'm sure some of you may have already received this in your e-mails as well. It makes sense and I encourage you to implement it yourselves as well as pass this information onto to others.



Additional information on the "ICE" campaign can be found at:

<http://www.eastanglianambulance.com/content/news/newsdetail.asp?newsID=646104183>

We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone, but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this "ICE" (In Case of Emergency) Campaign. The concept of "ICE" is catching on quickly. It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name "ICE" (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as "ICE." For more than one contact name simply enter ICE1, ICE2 and ICE3 etc.

A great idea that will make a difference!

Have you had your MRC Background check done???

If you have not done so already, please go to the Virginia Beach Municipal Center Police Building (Bldg. #11) so that you can complete your fingerprint submission for the required city volunteer FBI background check. ***Completing this background check will allow you to be covered under the city's liability coverage in addition to the state's liability coverage for MRC volunteers.*** All information pertaining to the fingerprint submission should be in your red folder that you received at orientation. The Municipal Center Police Building is open Monday through Friday, 8:30am-4:30pm. If you have any questions regarding your fingerprint submission, contact the VBMRC office. ★



Do you know your VBMRC status and level???

VBMRC volunteer status

- **Associate VBMRC volunteer status**
When a VBMRC volunteer has attended orientation, but has not completed all of the VBMRC core course trainings.
- **Active VBMRC volunteer status**
When a VBMRC volunteer has completed all required training and is now considered Active. Required VBMRC training includes: VBMRC Orientation IS-22, IS-100, Dispensing Site Training, Simple Triage and Rapid Treatment (S.T.A.R.T.) training and CPR certification/re-certification.

VBMRC volunteer levels

- **Level 1 (red level)**
These VBMRC volunteers hold a current, active professional license or certification. Considered our "front-line" volunteers, these healthcare professionals have knowledge and training in medicine direct patient care. Level 1 volunteers can perform duties at Level 2 and 3 as well.
- **Level 2 (blue level)**
These VBMRC volunteers will have a medical background but are not currently licensed. They may have some patient contact however, it is indirect and will not involve patient care. Level 2 volunteers can also perform Level 3 duties, but not Level 1 duties.
- **Level 3 (yellow level)**
These VBMRC volunteers are non-medical and support "behind the scenes" functions such as administrative and other non-medical roles.

Complete your training and become an active VBMRC volunteer!

Volunteers Needed for School Physicals

- **When?** July 20th, 27th, and August 3rd, 10th, 17th, 24th.
- **What time?** 1:00 pm-4:00 pm
- **Where?** Virginia Beach Department of Public Health
- **What is needed?** Actively licensed volunteers to provide height, weight, eye, and ear checks

Contact the VBMRC office if interested

Ongoing Needs at the VBDPH:

Infant Playgroup

(Someone with experience needed to assist with engaging new mothers and infants at this weekly playgroup)

- Day: Tuesdays
- Time: 10am-11:30 am
- Ages: (0-12 months)

First Steps Volunteer

- Volunteer at your convenience
- Telephone contact to family members during prenatal or postpartum period.
- Follow up with the family for a minimum of three months through telephone calls or mailings, minimum contact every other week during the first three months after baby is born.
- Distribute educational materials.
- Identify families needing extra support in developing quality parenting skills, refer to appropriate community resources and support services.

Look for the VBMRC in your mail and on T.V.!

Be on the lookout for the Summer edition of *Beach Magazine* in your mailboxes! The VBMRC has been featured for its work at January's homeless count population in this issue!

The article will also be featured on VBTv's (Channels 46, 47, 48) video version of the quarterly publication called *Beach Video Magazine*.

Check VBTv listings for times! ★



The VBMRC has incorporated a new required training to its core curriculum.

Simple Triage and Rapid Treatment (S.T.A.R.T.) training

On a periodic basis, The Hampton Roads Metropolitan Medical Response System (HRMMRS) will be providing the Module 1 (Awareness Level) of Mass Casualty Incident Management training which incorporates S.T.A.R.T.



S.T.A.R.T. training objectives:

Mass Casualty Incident Management Module I
(Awareness Level)

- Define the mass casualty incident.
- List the three goals of mass casualty incident management.
- Describe the initial response actions to mass casualty incidents.
- Triage simulated patients correctly using START algorithm.
- Tape simulated patients using triage ribbons.
- Establish accurate count of casualties.
- Complete the Virginia Triage Tags.

S.T.A.R.T. training is not required for volunteers joining the VBMRC before 3/28/07. However, it is an excellent training and is highly recommended for all VBMRC volunteers.

**The next S.T.A.R.T. training will be held on Saturday, October 27th from 9am-noon at the Tidewater EMS Council Building in Norfolk.
(6353 Center Drive, Suite 101 Norfolk, VA 23502)**

VBMRC Upcoming Training and Events Calendar

Date & Time	Event	Location
<u>July</u>		
Friday, July 20th Friday, July 27th 1pm-4pm	VBDPH School Physicals (VBMRC Volunteers needed to provide height, weight, eye and ear checks)	Virginia Beach Department of Public Health
Saturday, July 28th 9am-1pm	BLS for Healthcare Providers	Virginia Beach Department of Public Health
<u>August</u>		
Wednesday, August 1st 7:00pm	VBMRC Monthly Meeting	Virginia Beach Central Library
Fridays: August 3rd, 10th, 17th, 24th 1pm-4pm	VBDPH School Physicals (VBMRC Volunteers needed to provide height, weight, eye and ear checks)	Virginia Beach Department of Public Health
Saturday, August 11th Noon-1pm	VBMRC Orientation	Virginia Beach Department of Public Health
Saturday, August 25th 9am-noon	Bioterrorism Overview Training Dispensing Site Training	Virginia Beach Department of Public Health
<u>September</u>		
Sunday, September 2nd All day event/various shifts	Rock N' Roll Half Marathon Medical volunteers needed	Virginia Beach Oceanfront
Saturday, September 8th 9am-noon	IS-22: Disaster Preparedness Training	Virginia Beach Department of Public Health
Saturday, September 15th All Day event-exact time (TBD)	Virginia Beach Disaster Preparedness Day Hosted by the Virginia Beach Citizen Corps	Virginia Beach NSU/ODU Higher Education Center
Saturday, September 29th Saturday, September 30th Time-TBA	Virginia Beach Neptune Festival	Virginia Beach Oceanfront



September is National Preparedness Month! Are you Prepared?

Recommended Items to Include in a Basic Emergency Supply Kit:

- ✓ **Water**- one gallon of water per person per day for at least three days, for drinking and sanitation
- ✓ **Food** - at least a three-day supply of non-perishable food
- ✓ **Battery-powered or hand crank radio** and a NOAA Weather Radio with tone alert and extra batteries for both
- ✓ **Flashlight** and **extra batteries**
- ✓ **First aid kit**
- ✓ **Whistle** to signal for help
- ✓ **Dust mask**, to help filter contaminated air and **plastic sheeting** and **duct tape** to shelter-in-place
- ✓ **Moist towelettes, garbage bags** and **plastic ties** for personal sanitation
- ✓ **Wrench or pliers** to turn off utilities
- ✓ **Can opener** for food (if kit contains canned food)
- ✓ **Local maps**
- ✓ **Unique family needs**-such as prescription medications, infant formula or diapers, and important family documents.



Personal Preparedness

(From the MRC National Office)

The first step to insuring that every MRC unit is ready is for each MRC member to develop a personal preparedness plan. By being prepared as an individual, each person will be better able to respond when called. We suggest you visit www.ready.gov for more information on individual preparedness. There, you will find information on emergency kits, emergency plans for the home, work, car, and so much more. Also keep in mind that September is *National Preparedness Month*. Start thinking about what you and your MRC unit can do to promote personal preparedness plans to other community members, so that if disaster does strike in your area, your neighbors will also be ready.



Virginia Beach

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**Volunteers Building Strong, Healthy,
and Prepared Communities.**

Congratulations May 2007 VBMRC Graduates!

The VBMRC has 22 new graduates to add to its roster! On Saturday, May 19th, the VBMRC held its first Spring graduation picnic at Great Neck Park. The weather could not have been better for this graduation and volunteer recognition event! Special guests at the picnic included Virginia Beach Health Department Emergency Planner, Erin Sutton; Virginia Beach Health Department Director, Dr. Venita Newby Owens; and City of Virginia Beach Fire Chief, Paul Pokorski. VBMRC May graduates completed all of the VBMRC core course requirements including: VBMRC Orientation, FEMA's Disaster Preparedness and Basic Incident Command System Courses, Introduction to the Strategic National Stockpile and Bio-Terrorism Overview! These volunteers are now officially ready to be activated by the VBMRC in the event of an emergency. Each graduate was recognized and received their certificate of completion, emergency kit, backpack, volunteer identification badge and polo.

Congratulations and ***thank you for all you do everyone!*** ☆

